

September 13, 2010 | Issue 33

#### Basra campus for Soldier resiliency opens

By Sgt. Cody Harding 1st Inf. Div., USD-S PAO

BASRA – Nine years of persistent conflict have placed Soldiers under a number of stressors as they continue their mission. Physical demands, emotional stress, Family issues, spiritual challenges, and social hurdles can increase the demands of an already-stressful environment.

The Department of the Army is helping Soldiers develop their ability to be resilient and thrive in the face of these stressors with the Comprehensive Soldier Fitness program. The 1st Infantry Division Headquarters deployed to Basra, Iraq, is working to improve the resilience of personnel in United States Division-South while they are still operating in a combat zone.

The first "resiliency campus" in southern Iraq was opened on Basra with a ribbon-cutting ceremony Sept. 9. The facility is the second resiliency campus in Iraq, the first being opened on Camp Taji two days earlier by the 1st Infantry Division's Combat Aviation Brigade.

The Basra resiliency center was designed to strengthen the 'Five Pillars' of Comprehensive Soldier Fitness for service members from all branches of the military. The pillars of fitness are physical, social, emotional, spiritual and family, each pillar

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Photo by Sgt. Cody Harding

Present at the ribbon cutting ceremony for the USD-S Resiliency Center, Thursday, were (from left) Sgt. Matthew Richards, of the 329th Forward Support Company, 3rd Advise and Assist Brigade, 4th Infantry Division, Maj. Gen. Vincent Brooks, USD-S commanding general, Brig. Gen. Rhonda Cornum, the director of Comprehensive Soldier Fitness, Sgt. 1st Class James Padilla of the 4th Squadron, 10th Cavalry Regiment, and Command Sgt. Maj. Jim Champagne, USD-S command sergeant major.



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We be jammin' - p. 6



Soldier of the Quarter - p. 11

## **Danger Six sends**

This past weekend we celebrated Patriot Day and remembered the thousands who perished on September 11, 2001.

It's hard to believe nine years have passed since that horrible day. Like the assassination of JFK and the attack on Pearl Harbor for previous generations, September 11th is etched into our memories as if it happened yesterday.

On September 11, 2001, most of the Big Red One was in Germany, a heavy division of over 10,000 Soldiers in tanks, Bradley fighting vehicles, and self-propelled howitzers that had become highly experienced in postconflict stability operations having deployed on repeated cycles nearly continuously since 1996. The Big Red One was one of the most deployed forces in the Army and was well-known to the Balkan countries of Bosnia, the Former Yugoslav Republic of Macedonia, In each place they and Kosovo. confronted ethnic and religious hatred and extremism that had spilled over into violence and death. The Division was between Kosovo rotations on the 11th of September 2001 when extremism came to our American homeland.

The September 11th attacks will be remembered and documented as one of the greatest tragedies in human history. The planners of 9/11 hoped this tragedy would fracture the United States, make us withdraw from foreign engagements in the middle east and globally, and introduce an era of fear and anxiety into the American way of life. Yet, the

extremists have discovered, through the demonstrated courage and determination of the American Soldier, Sailor, Airman, Marine, Coast Guardsman, government civilian, and expeditionary contractor, how Americans respond to attacks on the Homeland. The extremists who attacked or planned the attack are now either dead, in captivity or in hiding to preserve their lives . . . 9/11 is not only a day of remembering tragedy, it is a day of remembering the resilience of America.

On that day in 2001 U.S. Soldiers were already deployed in foreign lands striving to eliminate hatred and extremism. Every day since then, that has also been the case. Our work continues. Here in Iraq the Big Red One is on the front lines again, completing Operation Iraqi Freedom with honor and success, and continuing as part of Operation New Dawn to fulfill the same mission the Division performed in the years leading up to 9/11/2001 – putting our boots on the ground in a place where bloodshed has been halted by our presence and where peace and stability have a new chance to exist. I do not believe that is what was on the minds of the 9/11 hijackers and their bosses, but it should be on your mind today. Know that your presence here in Iraq is part of an ongoing effort that began before 2001 and will continue as long as hatred and extremism exist. It is the noble call to duty in support of freedom. And it is the history you made on the 11th of September 2010 where you continued to demonstrate that there is NO MISSION TOO DIFFICULT, NO SACRIFICE TOO GREAT. DUTY FIRST!



Vincent K. Brooks Major General, U.S. Army Commanding





### **ROOM TO LIVE**

By Joe Zelko USD-S Safety

Do you have room to live? What does that mean if you're in your vehicle on the highway or on base? The simple answer is your vehicle was designed to provide a protected living space – room to live – to help you survive an accident. The problem is far too many Soldiers choose not to wear their seat belts and are thrown out of that room during a rollover crash. Afterward, a Family member or friend will often say, "I can't believe he wasn't wearing a seat belt. He always wore one."

Do Soldiers wear their seat belts as often as they say, or is life so cruel that the one time they don't, they're ejected in a rollover crash? While having a crash might be an accident, surviving it doesn't have to be. If you're going to survive, you need all of the following things working in your favor.

- Container
- •Restraints
- Energy absorption
- Environment
- Post-crash factors

In today's military vehicles, the container is designed to provide you with a survivable living space during a crash, but it only works if restraints are used – specifically, your seat belts. If seat belts aren't used, the environment comes into play as you're slammed against your windshield, dash and other parts of your vehicle interior. If unrestrained, you increase the chance of being thrown from the vehicle. Finally, post-crash factors are what happen when you survive being ejected, only to land in the road and possibly become a speed bump.

You often hear about this happening during single-vehicle accidents. The driver goes too fast around a corner, loses control, and rolls the vehicle. As the vehicle rolls, the unrestrained driver is thrown from the vehicle into a pole or tree or some other immovable object. You look at the accident picture and see the crashed vehicle with a body lying nearby. As you look closely at the vehicle, you wonder, "Was there room to live? Did the victim die needlessly because they didn't wear a seat belt this one time?"

Family and friends are left not only to mourn their loss, but to ask the unanswerable question – "why?"

As Soldiers, we have adapted to accept a level of risk most cannot understand. That shouldn't cause us to be reckless. We need to wear our seat belts – not just sometimes, but all the time. If not for ourselves, we should do it for our Families. Every time we get behind the wheel, we have a choice of which "room" we want to be in. Inside our vehicle or inside our casket. Which suits you better?

#### This week in Army History...



#### 1st Infantry Division History

September 13, 1968 – Maj. Gen. Keith L. Ware, the 1st Inf. Div. commander, dies when his command helicopter is shot down over Vietnam. Ware became the first Army general officer and fourth American general officer to die in combat in the Vietnam War. Ware was posthumously awarded the Distinguished Service Cross.



#### Operation Iraqi Freedom History

September 17, 2007 – The Iraqi government announces it is revoking the license of U.S. security firm Blackwater USA over the company's involvement in the killing of eight civilians, including a woman and an infant, in a firefight that followed a car bomb explosion near a State Department motorcade.



#### **3rd Infantry Division History**

September 18, 1943 – The 3rd Inf. Div. lands at Salerno in southwestern Italy, eventually driving across the Volturno River and into Cassino, where they would participate in the bloody Battle of Monte Cassino, which would almost completely destroy the town.



Photo by Staff Sqt. Nathaniel Smith

Gen. Lloyd Austin, commanding general of USF-I, returns the salutes of Maj. Gen. Vincent Brooks (right) and Command Sgt. Maj. Jim Champagne at the COB Basra airfield Sept. 8. Brooks and Champagne serve respectively as the commanding general and senior noncommissioned officer of USD-S and the 1st Inf. Div.

## Gen. Austin visits Basra, tours base

By Staff Sgt. Nathaniel Smith 1st Inf. Div., USD-S PAO

**BASRA** – One week after assuming command, the senior U.S. Army commander in Iraq visited United States Division-South Sept. 8.

Gen. Lloyd Austin, commanding general of United States Forces-Iraq, toured Basra's business center, the new resiliency campus, and the USD-S headquarters.

The visit was Austin's first to Basra since he took command of USF-I on Sept. 1.

Maj. Gen. Vincent Brooks, commanding general of USD-S and the 1st Infantry Division, took Austin to the business center where he was briefed by Basra Provincial Reconstruction Team leaders on the economic way-ahead for the province.

"This is what creates true change for the country," Austin said. "When we get the economy going, we get people investing; this is really, really important work."

Austin then got a preview of the Basra Resiliency Campus, which is scheduled to open Sept. 9. The campus features areas that help Soldiers focus on developing the five pillars of Comprehensive Soldier Fitness: physical, spiritual, emotional, social and Family.

"This is very impressive; you've managed to draw a lot of things together here," Austin said of the facility. "I appreciate the hard work and the care that you've put in."

After touring the campus, Austin went to the USD-S and 1st Inf. Div. headquarters, where he received an update

on operations in southern Iraq, a critical piece of the civil capacity puzzle in Iraq due to its vast oil fields and ports on the Persian Gulf.

After the brief, Austin honored 10 USD-S Soldiers by presenting them with coins, an Army tradition for recognizing troops.



Photo by Staff Sgt. Nathaniel Smith

Sgt. Maj. T.R. Compton, the personnel sergeant major for USD-S and the 1st Inf. Div., leads Gen. Lloyd Austin, commanding general of USF-I, on a tour of the Basra Resiliency Campus Sept. 8. Compton designed the portion of the campus that focuses on developing physical resilience.



## Band continues mission



Spc. James Kennedy Benjamin 305th MPAD, USD-S PAO

**BASRA** – As Operation Iraq Freedom ends and Operation New Dawn begins, units continue to carry out their missions despite the decreasing number of personnel.

The 1st Infantry Division Band from Fort Riley, Kan., continues to perform their mission in southern Iraq despite their own significant reduction of forces.

"When we first arrived here, we had 43 Soldiers," said Chief Warrant Officer Jeremiah Keillor, the 1st Inf. Div. Band commander. "We are down to 14 Soldiers on a daily basis."

The band's mission is to provide ceremonial, protocol and morale support to United States Division- South.

"The mission is the same, it's just that it has been reduced in scope," Keillor said. "From January through July, we were running seven musical support teams."

The support teams consisted of several musicians who would go to other posts performing for Soldiers, Keillor said. The teams played a variety of music from rock to hip hop to country.

The goal was to have these teams operate independently without the support of the rest of the group, Keillor said.

The teams would rotate once a week to play on Saturdays at Echo's, a restaurant on Basra.

"We would perform about every week down at Echo's, switching the different groups, just so that there would be a little variety of music," Keillor said.

Now the band has one musical support team, Keillor said. The

Photos by Spc. James Kennedy Benjamin

band plays at Echo's once every three weeks because of the number of musicians.

"Our primary mission is to provide music to support the troops in any way possible," said 1st Sgt. David Fallin, the 1st Inf. Div. Band's senior enlisted member and native of from Martinsville, Va. "But then we have also been tasked with additional duties."

The band rotates 25 percent of their Soldiers daily to provide base defense at Basra, Fallin said.

"Soldiers would take personal time after they have finished their base defense duties, and they would rehearse late into the evening to make sure that the units could continue to function," Keillor said. "They do what they need to do to make sure that base defense is done, and that they continue to do their musical mission as well."

Spc. Christopher Fuchs, a Soldier from the 1st Inf. Div., is one of many Soldiers who have heard Controlled Detonation play.

"I heard Controlled (Detonation) play at the Wounded Warrior Ceremony," Fuchs said. "I liked them a lot. I haven't heard them since the drawdown, but I sure would like to."

Despite some of the challenges the band faces, they continue to push on with the mission.

"I have been very impressed with the level of commitment in getting the job done with the Soldiers," Keillor said.

"(Maj. Gen. Vincent) Brooks and Command Sgt. Maj.(Jim) Champagne both understand (the mission) and have been very supportive of us as far as giving us the opportunity to support the troops," Fallin said.

Since their arrival in January, the band has completed more than 400 missions throughout USD-S. ■



In Iraq and Afghanistan, electronic warfare Soldiers protect their fellow service members from remote-controlled improvised explosive devices such as this one, but that is only a portion of their realm of responsibility.

## Electronic warriors protect troops

By Staff Sqt. Nathaniel Smith 1st Inf. Div., USD-S PAO

BASRA - With the threat of the improvised explosive device in Operation Iraqi Freedom, U.S. and coalition forces had to adapt to a new battlefield.

The electronic warfare branch, which was only recently made an official branch in the U.S. Army, answered the call to stem the threat of a major killer of American troops in Iraq.

Staff Sgt. Mathew Williamson, an EW noncommissioned officer from Roseville, Calif., serving with the 1st Infantry Division, said he likes serving in a capacity that does so much for his fellow service members, such as the electronic protection counter radio-controlled electronic warfare systems (CREW).

"EW contributes, through our actions, the ability to make a huge impact on the protection of American forces and equipment," Williamson said. "CREW saves lives.'

Master Sgt. Shawn Harris, the 1st Inf. Div.'s senior EW noncommissioned officer from New York, said he enjoys the challenge that come with being a pioneer in a relatively young branch of the U.S. Army.

"Electronic warfare is the state-ofthe-art function that's coming about now. The Army did not take part in electronic warfare because it was something that we as an army never foresaw that we needed to be aware about because we had the Navy and the Air Force to take care of it," Harris

"Electronic warfare is a very interesting job. It's a vast and upcoming thing in the Army. This is the future. Electronic warfare is always going to be here; we're in the cyber world now."

Most combat troops are familiar with the systems EWOs installed in their vehicles to protect them from radiocontrolled IEDs, but this form of electronic warfare, electronic countermeasures, is only a part of what EW Soldiers do.

EW Soldiers are also trained in electronic attack functions, using electromagnetic energy and anti-radiation weapons that neutralize enemy personnel and equipment, such as radio jamming.

Another function EW Soldiers can fill is electronic support where they trace signals and frequencies to identify threats and go after the enemy.

Williamson, who deployed as a combat engineer before changing jobs, said he enjoys the challenges that come with his

"It is something new and different for the Army. EW is not a new concept; the equipment and technology being employed is,"Williamson said. "This offers the opportunity to help on the ground floor of a new Army program and add your input."■

#### Iftar brings allied forces to Basra

By Spc. James Kennedy Benjamin 305th MPAD, USD-S PAO

BASRA – Ramadan, the holiest month of the year for Muslims, is a time of fasting, spiritual cleansing and self-reflection. Considered to be one of the Five Pillars of Islam, this part of the year brings all the believers in this faith group together. It starts when the sun rises and ends when the sun sets. The Muslim population – over one billion – who are capable of fasting during Ramadan are obliged to not eat, smoke or participate in numerous other activities during the day.

In the evening, the rhythm changes. Iftar begins.

Iftar, which literally translates to "breakfast," was spent having a simple meal amongst family. It has become a banquet or small feast over time in certain places. Muslims are allowed to eat meals from this time until dawn, hence the term Iftar.

United States Division-South leadership met with British and Iraqi forces representatives on Sept. 6 at the British Embassy Compound on Contingency Operating Base Basra where they gathered for Iftar.

"I wanted very much to hold a dinner like this with our (U.S. and Iraqi) friends," said Alice Walpole, the British Consulate General and hostess of the event.

Walpole said she was honored to have the opportunity to represent the United Kingdom at the celebration.

Walpole also thanked Brig. Gen. Sami Sa'id 'abd-al-Nabi al-Tamimi, the Basra Air Field commander, for lending the British his personal chef to assist in preparing the Iftar meals.

This was to ensure what was eaten were authentic Iraqi dishes, Walpole said.

The gathering marked the second time in two weeks that Iraqi officials were hosted on Basra. The first Iftar was hosted by USD-S at the Iraqi Air Force dining facility on Aug. 28.

The Iraqi officials consisted of staff Lt. Gen. Muhammad Jawad Huwaidi, Basra Operations Center commander, Staff Maj. Gen. Abdul Aziz Noor Swady, 14th Iraqi Army Division commander, Gen. Adel Daham Fahad Al Amery, Basra Provincial Chief of Police, and Sami. ■



Photo by Spc. James Kennedy Benjamin

Maj. Gen. Vincent Brooks, USD-S commanding general, greets Brig. Gen. Sami Sa'id 'abd-al-Nabi al-Tamimi, Basra Air Field commander, before the start of Iftar at the British Embassy compound at Contingency Operating Base Basra on Sept. 6. Alice Walpole, the British Consulate General, hosted USD-S and Iraqi forces leadership at the event.

#### RESILIENCY, from front page

matching a basic need for every person.

Brig. Gen. Rhonda Cornum, the U.S. Army Director of Comprehensive Soldier Fitness, was the guest of honor for the grand opening. She joined Maj. Gen. Vincent Brooks, the 1st Infantry Division commanding general, and Command Sgt. Maj Jim Champagne, the 1st Inf. Div. senior noncommissioned officer, to cut the ribbon and pronounce the campus open to service members on Basra.

Brooks said the resiliency centers are a symbol of action taken on the idea of Comprehensive Soldier Fitness

"This is just a start," Brooks said. "It really matters most when we apply [Soldier Fitness] internally and we apply it to each person we touch. Then, we will be fit."

This was Brig. Gen. Cornum's first trip to Iraq since she was captured by Iraqi forces and subsequently rescued two weeks later during Operation Desert Storm in 1991. She spoke about the importance of resilience in today's Army.

"We want people who are physically fit, emotionally strong, and this is an opportunity," Cornum said. "So take advantage of it. It's only a building if people use it."

The campus itself is made up of several buildings, each with its own purpose within the scope of CSF. There are internet systems to speak with Family, a bio-feedback room to help gauge stress, a spiritual reading room, a fully-functional gym and cross-fit area for Soldiers to improve their physical strength, and a 'break room' and classroom for Soldiers to continue their education or study on their

Cornum said the CSF Program helps Soldiers by allowing them to share their experiences with others and improve themselves.

"I think that what Comprehensive Soldier Fitness does is make people better able to face any challenge," Cornum said. "So they're more amicable - they're able to endure mission change without being resentful or being critical.

Brooks challenged leaders to learn and understand the five pillars of CSF so they could assess themselves and their Soldiers.

"This is a milestone, like so many things," Brooks said. "We don't end here, we begin from here." ■

## Georgia pastor spreads the word

By Pfc. Erik Anderson 3rd HBCT, 3rd Inf. Div. PAO

KALSU – Paul Voorhees explained that when he was a young man, his father told him there was no point in staying up all night to pray because God hears you the first time.

Voorhees frequently offers up oneliners as he travels around southern Iraq, but he is not another commander doing battlefield circulation or handing out awards.

At an age where many Americans are considering retirement options, Voorhees purchased a ticket to Baghdad, and in August, he spent nearly a week visiting some of his favorite people: U.S. Soldiers.

"To come over here is a privilege for me, to be able to stand among Soldiers," Voorhees said.

Early on, he had aspirations of becoming an ordained minister.

"I went to bible school in Florida from 1980 to 1981," he said. "When my father passed away in 1983, I left school to take over the family business. I thought my opportunity to minister was over."

Years later, the family business grew, and he found an opportunity to minister again by becoming the chaplain for the Harris County Sheriff's Office in 1994. At the time, he was the only chaplain in Georgia who wasn't ordained. It wasn't



Photo by Pfc. Frik Anderson

Paul Voorhees bows his head in prayer with Col. Pete Jones (left), commander of the 3rd AAB, 3rd Inf. Div., and Chaplain. (Maj.) David Lile, also with 3rd AAB, during a gospel service at COS Kalsu Aug. 29.

long before his local church leader took note, and Chaplain Paul Voorhees was ordained.

During his trip to Iraq, Voorhees spent a Sunday among the troops of the 3rd Advise and Assist Brigade, 3rd Infantry Division, starting with the annual Country's Midnight Express 5-kilometer run. The run was simulcast in Columbus,

Ga., and Contingency Operating Site Kalsu. More than 200 Soldiers ran the route in Iraq, while thousands participated in Columbus.

Following the run, Voorhees attended the protestant service and was the featured preacher during the gospel service, ministering to Soldiers as they came to the altar seeking spiritual guidance.

Voorhees holds Soldiers in very high regard, and he said this trip is very special to him.

"Soldiers have unconditional support for each other," he said. "It is all about taking care of the person to the left and right."

He believes that God has blessed him, and this trip is his way of giving back to those he admires.

"I'm interested in saving lives, saving Soldiers," he said. "This is an opportunity for me to help the people that are willing to die for their country. If I can put a spark in one person's life, it is worth it for me."

Chaplain Paul Voorhees provides religious support for the Harris County Sheriff and Volunteer Fire Fighters. The Voorhees family has been a fixture in the Columbus, Ga., community for 50 years, operating a military supply company that caters to Fort Benning and local law enforcement.



Photo by Pfc. Erik Anderson

Paul Voorhees speaks during a gospel service at Kalsu Aug. 29.

#### Fort Benning NCO receives Army's second-highest decoration

By Vince Little Fort Benning PAO

**FORT BENNING, Ga.** — Sgt. 1st Class Jack White, an Airborne School instructor, received the Army's second-highest military decoration, the Distinguished Service Cross, Sept. 7.

In a ceremony on the hallowed ground of the 173rd Airborne Memorial at the National Infantry Museum, White was surrounded by his family, Soldiers he served with in the 173rd Airborne Brigade and the Fort Benning community.

The award was for his actions June 29, 2008, in Khost Province, Afghanistan, while serving as a squad leader with the Vicenza, Italy-based A Company, 1st Battalion (Airborne), 503rd Parachute Infantry Regiment.

That night, White and 18 other Soldiers on a tiny observation post near the Pakistan border turned back an enemy force of 105 Taliban fighters who attacked from a ridge with small-arms fire, RPK machine guns and rocket-propelled grenades.

"He brought them all back unscathed," said Command Sgt. Maj. Rick Weik, who was the battalion's command sergeant major and now fills that role at the 198th Infantry Brigade. "Very easily this could've turned bad. If it wasn't for his leadership, it would've."

In the past decade, more than 1.5 million troops have deployed in the war on terrorism. The 173rd Airborne Brigade accounted for four Distinguished Service Cross awards during OEF VIII.

"Heroic actions can serve as lessons learned," said Maj. Gen. Michael Ferriter, the Maneuver Center of Excellence and Fort Benning commanding general. "We talk an awful lot about inspired leadership here. The Soldier we honor today is the epitome of inspired leadership."

Col. Michael Fenzel, then a lieutenant colonel, led White's battalion in Afghanistan. He's now commander of the 2nd Brigade Combat Team, 1st Armored Division, at Fort Bliss, Texas.

"Heroes are made long before the events that thrust them into a position to have to act," Fenzel told the audience. "Jack White became a hero to those that served with him long before the evening of June 29 on Observation Point East."

The observation point was a 90-minute

climb from Combat Outpost Spera, which sat 1,000 feet below. It's just 25 meters from Pakistan.

On the morning of June 29, the Taliban fighters began a 10-hour crawl up the side of the mountain toward White's position at the top. As the attack commenced, White was awoken by an RPG that landed less than 20 meters away. He immediately low-crawled out of the sleeping area to lead the observation point's defense.

White spoke of the unity and strength of the small tactical unit and squad, and of the human dimension of combat.

"You don't really think, you just think about what you have to do at the time," said White, 30, who was a staff sergeant when the incident occurred. "It ain't like the movies; it ain't fun. It's the last place you want to be, honestly. But your training takes over, and you start thinking about the guy to the left and right of you, and make sure everybody gets out of there safe.

"If it weren't for my guys that were up there ... I wouldn't be speaking to you today."

Maneuvering through heavy enemy fire, White engaged and quickly adjusted his men to repel the attacking force, according to his citation. With no regard for his own safety, he ordered multiple "danger-close" fire missions, called in airstrikes, and directed lethal mortar and artillery launches.

"There was no way to get to them quickly, (and) over 100 Taliban assaulted them with the intent of overrunning them," Command Sgt. Maj. Weik said. "But when I heard his voice on the radio, I knew everything was going to be OK ... and he brought all those boys off that mountain."

The fight lasted more than an hour, but the enemy finally broke contact and retreated.

"These Taliban and foreign fighters came in waves and the attacks on the main combat outpost below them emanated from six other directions," Col. Fenzel said. "The other attacks were designed to isolate OP East so it could be destroyed, but the enemy hadn't taken into account the expertise, the cool and violent response under the direction of one man ... Jack's own personal actions, bravery and leadership are the reason why 18 other American Soldiers are alive today."

White has been on four deployments — three to Afghanistan and one to Iraq.

The Distinguished Service Cross wouldn't be possible without the actions of his comrades, he said.

"All my guys who were up on the OP with me, I wish they were here today," he said. "It's mainly for them. That's how I see this award, not for me, but for everybody."



Courtesy photo

Col. Michael Fenzel, commander of the 2nd BCT, 1st Armored Div. at Fort Bliss, Texas, pins the Distinguished Service Cross on Sgt. 1st Class Jack White, an Airborne School instructor with 1st Bn. (Airborne), 507th Parachute Inf. Regt., Sept. 7 at the 173rd Airborne Memorial. White received the Distinguished Service Cross for his actions in Khost Province, Afghanistan, June 29, 2008.

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"ACROSS THE COUNTRY, THE IRAQI SECURITY FORCES ARE PROVIDING FOR THE SECURITY OF THEIR FELLOW CITIZENS. THEY HAVE TAKEN OUR PLACE AND THEIR RIGHTFUL PLACE-IN FULFILLING THAT ROLE." Maj. Gen. Vincent K. Brooks Commander United States Division-South A NEW DAWN A NEW IRAC

#### Around the Big Red One





Photo by Spc. Raymond Quintanilla

Service members and Department of Defense civilians set out on the Sept. 11 13K Memorial Run at Contingency Operating Base Basra. In addition to the run, Basra hosted a memorial ceremony to remember those lost in the Sept. 11, 2001, attacks.

#### Have a photo from around USD-S?

Email it, along with the photographer's name, rank and unit, the date and place it was taken, and a short description, to:

nathaniel.smith5@iraq.centcom.mil

You could have it featured here and receive a coin from DCSM Jim Champagne.



# Basra Betty says...



Dear Betty,

So I was wondering why/what/
who decided the new resiliency
center needed to be located in
an out-of-the-way location? Why
not place it somewhere Soldiers
would actually want to go, like
near the living CHUs? I know that
the active duty motto is "harder
than it has to be," but this
decision was just plain silly.

Sincerely,

Too lazy to walk that far

### Dear" Lazy,

Oh come on, when I was your age, we had to walk in the freezing rain for five miles uphill both ways barefoot to get to our Resiliency Campus. In previous conflicts, things like "combat stress," "shell shock," and the need for spirituality would have most likely been met with "you're weak," or "suck it up." If you were feeling stressed, you definitely wouldn't have been offered a place where you could go to get a massage in a super-cool massage chair or given the opportunity to use a meditation room to calm your nerves.

Okay, part of that isn't true: it wasn't freezing rain, but I did do some investigating into this question by taking a quick trip over to the "Rangers of Resiliency," or should I say "the Physicians of Comprehensive Fitness." I spoke to none other than our very own Lt. Col. Carnahan, the Deputy Division Surgeon, to get the low-down on how this decision was made.

The answer really is simple. The

location was an available, unused resource that could be easily transformed into the resiliency center. Now your question is why not by the CHUs. Think about it: which CHUs are you talking about? None of our housing areas are the center of the universe, though at times we all feel like they are. There are lots of housing areas; how would that be fair to Soldiers living on the other side of the base? That is another deciding factor: this space is in a centralized location, pretty much equidistant from most living areas.

Based on your question, I think you are a prime candidate for the Resiliency Campus, and a little exercise to get over there isn't going to do anything but relieve some pent up tension. So, "Lazy," get moving and take advantage of what the leadership in our "New" Army has provided for us.

All the best.

-Betty

# **Rock and Roll Trivia**

## BEATLES VS. The Rolling Stones

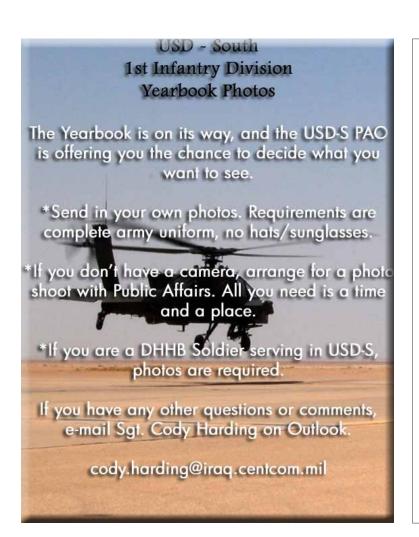
#### Part 3:

One of the great arguments of Rock n' Roll is who is better – the Beatles or the Stones? This quiz does not aim to settle the matter, but how well you answer these questions may determine which side you're on.

BONUS: Arrange these Beatles and Stones singles in chronological order from 1964 to 1969. There is one song per year for each group.

All You Need Is Love Hey Jude (I Can't Get No) Satisfaction Paint It, Black Ruby Tuesday Time Is on My Side Can't Buy Me Love Honky Tonk Women Jumpin' Jack Flash Paperback Writer Something Yesterday

	Beatles	Rolling Stones
1964		
1965		
1966		
1967		
1968		
1969		



# Big Red One Puzzle of the Week



Each week, look for a new brain teaser here, with the answer in the following week's Danger Forward.

Solution for last week: Beats feet
Brought to you by the 1st Inf. Div. ORSA Cell

### Solution to last week's puzzle

6	7	2	8	4	1	3	9	5
8	9	4	6	3	5	2	1	7
1	3	5	7	2	9	6	4	8
2	1	7	9	5	6	8	3	4
9	8	3	1	7	4	5	2	6
4	5	6	2	8	3	9	7	1
3	2	1	5	6	7	4	8	9
5	4	9	3	1	8	7	6	2
7	6	8	4	9	2	1	5	3

For solutions to this week's puzzle and for more sudoku puzzles, visit:

www.puzzles.ca/sudoku\_puzzles/

## Sudoku

1		5				9	6	
	8		5					
		2	3	7			4	5
			9					
2	4	7				1	5	
	6			4				
				9	4		2	
		1	7		3			4
	5	8						3